



FREE RESOURCE · ANXIOUS OR SELF-CRITICAL THOUGHTS · 10 TO 15 MINUTES

Thought record worksheet

Thoughts can feel like facts, especially when you're anxious or low. A thought record helps you slow a difficult moment down, notice what your mind is telling you, and find a kinder, more balanced way of seeing things.

How to fill it in

1

The situation

What happened? Where were you, and who were you with?

EXAMPLE

My friend didn't reply to my message all day.

2

Your feelings

What did you feel, and how strongly, from 0 to 100%?

EXAMPLE

Anxious 70%, hurt 50%

3

The thought

What went through your mind? Which thought felt strongest?

EXAMPLE

She's annoyed with me. I must have said something wrong.

4

What supports it

What makes this thought feel true?

EXAMPLE

She usually replies quickly.

5

What doesn't fit

What doesn't fit the thought? What would you say to a friend thinking this?

EXAMPLE

She mentioned a busy week. Nothing in my message was unkind.

6

A more balanced view

Is there a kinder, fairer way to see it? How do you feel now, from 0 to 100%?

EXAMPLE

She's probably busy. If something's wrong, I can ask. Anxious 30%

You don't need to fill in every part perfectly. Even noticing the thought is a step.

Helpful tips

- ✓ Try it a little while after the moment, once things have calmed down.
- ✓ It gets easier with practice, so be patient with yourself.
- ✓ If the same thoughts keep coming back, that's something we could explore together in counselling.

Need help right now? Call 999 if your life is at risk. For urgent mental health support, call 111 and choose the mental health option, or call Samaritans free on 116 123, any time.



THOUGHT RECORD WORKSHEET

My thought record

Date: _____ Use one row for each difficult moment.

1. Situation What happened?	2. Feelings What did you feel? 0 to 100%	3. The thought What went through your mind?	4. What supports it What makes it feel true?	5. What doesn't fit What would you tell a friend?	6. Balanced view A kinder way to see it? Re-rate feelings

A gentle note. These tools aren't a replacement for counselling or medical care. If something here brings up a lot for you, it's okay to stop. You don't have to work through things on your own. If you'd like to talk to someone, your first counselling session with me is free: 07826 774307 or therapycare.co.uk.